

SEBC Fall Camp

October 18 to 23, 2026

Itinerary

Day	Time / Location	Activity & Location	Description
Sunday Oct 18	5:00 p.m.	Camp Overview & Happy Hour R3 Hotel 16390 4 th Street Guerneville	Meet and Greet Overview of rides and activities Snacks and non-alcoholic drinks provided. Be sure and sign up for your fav rides!
Monday Oct 19	9:00 a.m. Monte Rio 9:30 a.m. Occidental	1.a. Bodega Bay, 40 miles, 3200' https://ridewithgps.com/routes/53731202 Leader: Dee Anne Holloway SAG: Geoff Holloway 1.b. Occidental-Bodega Bay, 27 mi, 2400' https://ridewithgps.com/routes/56003189 Leader: Katherine Thompson	Bodega Bay is a quintessential NorCal coastal fishing village, famous for its fresh Dungeness crab, whale watching and the Hitchcock movie, "The Birds." In Bodega Bay, we will stop to enjoy coffee & treats at The Birds Café while overlooking the Pacific. <i>For a shorter ride, start in Occidental at the Center for the Arts and join us on the route!</i>
Tuesday Oct 20	9 a.m. Monte Rio (all rides)	2.a. King Ridge, 55 mi., 6200' https://ridewithgps.com/routes/54772423 Leader: Ed Keller SAG: Geoff Holloway 2.b. Cazadero and Jenner Headlands, 37mi, 3500' https://ridewithgps.com/routes/53731271 Leader: Carol Fredrickson *2.c. Cazadero OAB, 21 miles, 1000' https://ridewithgps.com/routes/54763384	King Ridge is an iconic NorCal route and also a tough one. Be prepared for steep grades, some rough pavement, and awesome views. The Cazadero/Jenner route cuts off King Ridge but still is a challenging and great ride. Cazadero-Cazadero Store makes deli sandwiches; has snacks and treats.
Tuesday Oct 20	4:45 p.m.	Yoga on the Lawn (tentative, 10 person minimum) Highland Dell Lodge 21050 River Blvd Monte Rio, CA 95462	\$10 Donation Email Teri to confirm your attendance. Please....bring your yoga mat if at all possible. Class starts promptly at 5.
"	6:30 p.m.	Highland Dell Local's Night Dinner 21050 River Blvd Monte Rio, CA 95462	It's an awesome deal at \$21 (plus tax, tip) pp. Sign up at Sunday Social.
Wednesday Oct 21	9:30 a.m. Riverfront Regional Park, 7821 Eastside Road (\$7 for parking)	3.a. Alexander Valley, 47 mi, 2200' Leader: Cindy Freeman https://ridewithgps.com/routes/56000068 Start Riverfront Park, Healdsburg SAG: Jay Freeman	The Alexander Valley is one of the premier wine regions in California. We will ride through and by many vineyards and have a brief stop in historic and vibrant Healdsburg.

	3.b. 9:15 a.m. Monte Rio	3.b. Alexander Valley from Monte Rio 66 mi., 3000' (CW) https://ridewithgps.com/routes/55998265 Leader: Teri Gevry *3.c. Healdsburg Loop, 27 mi, 1140' https://ridewithgps.com/routes/56003561 Start: Riverfront Park, Healdsburg This ride starts with the 47-mile ride then turns around in Healdsburg	Healdsburg is super charming and a wine and culinary epicenter. Excellent restaurants, boutiques, and art galleries make it fun for eating out and shopping. After the ride, we will picnic across the road at the lovely picnic grounds of Copain Winery, 7800 Eastside Road, Healdsburg. www.Copainwines.com
Wednesday	6:30 p.m.	Club Pizza Night Wonderland Pizzeria 20391 CA-116, Monte Rio, CA 95462	NY and Cali-style pizzas. Wings, fries, salads. Menu at https://toast.app/r/wonderland-pizzeria-20391-ca-hwy-116/order
Thursday Oct 22	9:00 a.m.	4.a. Fort Ross 43 miles, 4200' Leader: Rose Asquith https://ridewithgps.com/routes/54134840 SAG: Tony Sauer *4.b. Armstrong Redwoods, 18 mi, 1500' https://ridewithgps.com/routes/53691580	Historic Russian Fort Ross should not be missed! This is a challenging ride but you will be rewarded with beautiful coastal views & a special treat in Fort Ross! (Like donuts.) Armstrong SP is a beautiful, peaceful redwood park. Plan to spend some time wandering around.
	TBD	We are exploring an options for wine tasting at a winery and enjoying beer at a local brewery. Teri Gevry will email details. Stay tuned.	
Friday Oct 23	9:00 a.m.	5.a. Bohemian Bakery Ride, 29 mi, 2000' https://ridewithgps.com/routes/53773400 Leader: Teri Gevry 5.b. Bohemian Bakery (out and back) 21 miles, 1400' https://ridewithgps.com/routes/53773529 Leader: Katherine Thompson	This ride takes the Bohemian Highway to the Wild Flour bakery in Freestone. Wild Flour Bread features brick oven baked sourdough breads, scones and coffee drinks. The garden area is open, and a portapotty with a hand-washing station is available near the parking lot. (https://wildflourbread.com/) The Bohemian Highway was named for the Bohemian Club of San Francisco's retreat at nearby Bohemian Grove. The highway is a California classic ride.

*This route has no SEBC ride leader. But we will have sign ups for rides on Sunday and can let you know who may join on the rides without ride leaders.

Ride Leader, SAG & Social Activity Contact Information

(Contact Katherine for questions about rides and Teri for questions about activities)

Name	Phone	Email
Fall Camp Planning Team		
Rose Asquith Ride Leader	530.913.2437	Rose62@startmail.com
Carol Fredrickson Ride Leader	408.363.2343	swmcarol@yahoo.com
Cindy Freeman Ride Leader	916.548.1027	Caf59@comcast.net
Teri Gevry Social Director , Ride Leader	530.444.0599	terigevry@ymail.com
Dee Anne Holloway Ride Leader	530.400.6421	Deeanne.holloway@yahoo.com
Ed Keller Ride Leader	916.833.3514	Edjmk3@gmail.com
Katherine Thompson Ride Leader, Camp Director	916.835.1541	Kathompson111@gmail.com
SAG Team		
Geoff Holloway, SAG	916.606.6420	SAG on Monday & Tuesday
Jay Freeman, SAG	916.296.6776	SAG on Wednesday
Tony Sauer, SAG	530.913.7669	SAG on Thursday
Group E-mail	Emails go to all fall camp participants	sebc_camp_2026@gaggle.email

Helpful hint: Take a screenshot of this page so you have contact information with you on your rides.

SPECIAL THANKS...A note of appreciation goes to our fall camp planning team for devising routes and leading routes, creating our itinerary, recruiting SAGs and much much more. And a heartfelt thanks to Teri for setting up our super fun social events. Thank you to the SAG team for being there for us.

